



Family Mountain Adventures Activity Guide

Rappelling: Rappelling is the act of descending a rock face or other near vertical surface by using ropes and a fixed anchor point. You will learn the gear used in rappelling, safety systems, commands and how to properly rappel.

- **150 ft.-**This activity will begin with a mile-long hike over mountainous terrain to the top of IdRaHaJe's 150-foot rock face. Each participant will be given the opportunity to complete the rappel at least once. The return hike from the bottom of the cliff is steep and includes a variety of terrain including the ascent of 2 permanent ladders. Participants should be in good physical condition and wear sturdy shoes appropriate for hiking.
- **30 ft.-** This rappel site is in Wilderness Ridge on the main IdRaHaJe property. Participants will have the opportunity to rappel down our 30-foot rock face in this activity. Great for first-timers!